

Quantico Area at a Glance: 6 May 2016

H&S Bn Field Meet

Headquarters and Service Battalion is challenging Marines to compete in their next Field Meet to be held from 8 a.m. to 12 p.m. on May 25 at Quantico's Butler Stadium. All units are invited to form teams of 12 military members to compete in the Stretcher Carry Relay, Dizzy Izzy, Plank Walk, Tricycle Race, Tic-Tac-Toe, and Tug-of-War. Submit team information by email to HQSVCBNS3@usmc.mil. H&S Bn is using this event to raise awareness of the impact of alcohol on the unit. They will also conduct the 101 Days of Summer safety brief during the event. Friends, co-workers and family members are also invited to come cheer on their favorite teams. For more information, call (703) 784-6589.



Dad's Day in the Park

14 May, 0930-1100
- Calling All Safari Hunters!
Barnett Field Playground, 3015 Barnett Ave, Quantico.
For Dads with children ages 0-5
Join us for fun, outdoor activities with Dad. Wear safari costumes or dress like your favorite animal if you'd like. New parent Support Program, 703-784-4248



Summer Camp with the CDC

10 one week sessions....get your children signed up!!

at Quantico Youth Center
Registration begins 9 May

Offered in One-Week Sessions
6 June - 12 August
0600-1800

For youth who have completed kindergarten up to 12 years of age.

Field trips will include the Base Pool, Marina, Golf Course, Prince William Forest Ranger Program, Locust Shade Park, geocaching, outdoor education, and more!

Session dates & registration info on back
Call 703-784-2249 for more information or email quanticoyouthcenter@usmc-mccs.org

10 One-Week Sessions:

Week	Dates
Week 1	6-10 June
Week 2	13-17 June
Week 3	20-24 June
Week 4	27 June-1 July
Week 5	5-8 July
Week 6	11-15 July
Week 7	18-22 July
Week 8	25-29 July
Week 9	1-5 August
Week 10	8-12 August

Orientation Dates: 24 & 26 May 1200-1230
2 & 9 June 1800-1830

Parents must attend one session prior to child beginning camp.

To request camp weeks, please go to www.militarychildrens.com to set up an account and select which weeks you would like. You will be contacted by the Resource & Referral office to complete registration. Please contact the Youth Center 703-784-2249 or the Resource & Referral office 703-784-6018 for more information.

Weekly camp fees based on total family income. There is an optional additional \$25 weekly activity fee if you would like your child to participate in field trips.

England Run Branch Library, Stafford, VA



14 May, Saturday, 1:00 - 4:00
2nd annual CRRL-Con! A comic book convention at your library!
Come enjoy an afternoon of comic books, cosplay, illustrators, Star Wars villains, and more.
The fun includes: Totally Twisted Balloon Creations, Comic book

artists, Comic Book dealers
Costume contest - Your chance to cosplay! Prizes awarded!
Gaming - Wii and Xbox; board games for ALL ages.

Photo and Video Booth--Have fun using superhero props or take a photo with the Tardis and the Doctor, And so much more!

<http://www.librarypoint.org/crrlcon>

PROTECT YOURSELF FROM VENOMOUS SPIDERS

Brown Recluse Spider

The brown recluse belongs to a group of spiders commonly known as violin spiders or fiddlebacks. The characteristic fiddle-shaped pattern is located on the top of the leg attachment region. Because they are secluded and withdrawn, as their name implies, the brown recluse avoids open spaces. Brown recluse spiders are dangerous and they can bite and inject toxic venom. *Threats around the bite may die and create long term damage.*

Identification

- Body size: 1/4 to 3/4 inch
- Color: Yellow-brown
- A dark violin/fiddle shape (see top photo) is located on the top of the leg attachment region, with the back of the violin/fiddle pointing backward toward the abdomen.
- Unlike most spiders that have 8 eyes, the brown recluse has 6 eyes. The eyes, arranged in pairs - one pair on front and a pair on either side - can be readily seen under low magnification.



Behavior

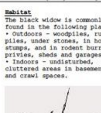
- Bites: Small retreat webs behind objects of any type.
- Bites: Bites are often a systemic reaction within 4-72 hours characterized by redness, swelling, pain, itching, numbness and joint pain.
- Sites: At the site of the bite and the surrounding area, the bite may eventually bleed.
- The severity of the bite may vary. Symptoms may vary from none to very severe.
- The bite generally becomes noticeable within several hours.

Black Widow Spider

The black widow belongs to a group of spiders commonly known as cobweb spiders. The characteristic hourglass is located on the underside of the abdomen. Female black widows are dangerous and can bite and inject toxic venom. *Bites can cause severe reactions or rapidly in the abdominal region.*

Identification

- The female black widow is usually shiny black, with a red hourglass marking (see photo) on the underside of the abdomen.
- The abdominal marking may range in color from yellowish-orange to red and its shape may range from an hourglass to a dot.
- The body of an adult black widow female is about 1/2 inch long.



Behavior

- The black widow is commonly found in the following places: outdoors - woodpiles, rubble piles, under stones, in hollow objects, and in small cracks; indoors - in small cracks, cluttered areas in basements and crawl spaces.
- Bites: The bite of the black widow may be painful or it may go unnoticed.
- The bite may display one or two bite marks with local swelling. Pain usually progresses from the bite site and eventually to the abdomen and back.
- Severe cramping or rigidity may occur in the abdominal muscles. Symptoms may include nausea, profuse perspiration, restlessness, increased blood pressure and fever.
- The pain from the bite will usually persist for the first 8-12 hours.
- Symptoms may continue for several days.

Protection

- Be aware and look for spiders and snakes when moving or cleaning.
- Wear a long-sleeved shirt, hat, gloves, and boots when handling houses, firewood, lumber, and rocks, etc.
- Inspect and shake out clothing and shoes before getting dressed.
- The insect repellents, such as DEET or Picaridin, on clothing and footwear.
- Treatment:
 - Seek medical attention immediately.
 - Clean the bite area with soap and water.
 - Apply ice to the bite area to slow absorption of the venom. Elevate and immobilize the extremity.
 - Capture the spider, if at all possible, for identification purposes.
 - If you have a heart condition or other heart problem, you may need hospitalization.

Beware of Venomous Spiders

Spring has arrived and along with the nice weather our workforce may encounter an unpleasant hazard in the form of venomous spiders. We have recently received a few reports regarding black widow spiders that were seen in and around buildings on base. Provided is some useful

information on black widow and brown recluse spiders. If these spiders are found in or around our facilities leave them alone and contact TECOM/TRNGCMD G-4 for assistance.

RUN AMUCK

4 June on Quantico

The Marine Corps Marathon's messiest mud and obstacle event, offers runners arduous obstacles and plenty of mud along a four-mile course on Saturday, June 4, 2016. Run Amuck and the scaled down two-mile version of the course, Mini Run Amuck, offer wild fun for rowdy runners (ages 8 and up), outrageous athletes and fun-loving families.



Run Amuck participants will attack the mud trench, lumber through a low crawl, best a water blast and submerge in a super sloppy mud pit, just three of 20+ challenges that await participants along the hideously hilly course tucked into the wooden terrain of Marine Corps Base Quantico.

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Exhausted, messy, Run Amuck finishers will be congratulated with a limited-edition Run Amuck towel. All participants will receive hospitality to include beverages and recovery snacks. Those ages 21 and over will have earned a cold brew courtesy of Michelob Ultra, to be enjoyed while visiting the Finish Festival booths and activities. Registration fee for the Run Amuck is \$50 and \$30 for the Mini Run Amuck.

<https://mcmregistration.com/Register/?event=35501>



2016 TECOM OPEN SCRAMBLE
Location: Medal of Honor Golf Club MCB Quantico

SSgt and above - \$50 Sgt and below: \$45 Civilians - \$45
Teams must be registered by 13 May 2016 and payment can be made on the day of the tournament. (Cash Preferred)

POCs for payment, team submissions, and details contact:
TECOM Staff Secretary (703-432-0245)

There will be prizes for 1st place, 2nd place, last place, (2) closest to the pin & (2) longest drive.

Date: 19 May 2016, Thursday
Times: 1130 Check in
1200 Welcome and Rules Brief
1215 Shotgun Start

"There will be real trees, mudgans, and 'throw' to be purchased for your team!"

TECOM Open Golf Tourney

Please register by 13 May. Tournament date is 19 May 2016. This will be an afternoon event.

2016 US Navy's Blue Angels Show Schedule

Shows closest to Quantico:

MAY 21-22 Lynchburg Regional Air Show, Lynchburg, VA

MAY 25 USNA Air Show, US Naval Academy, MD

SEP 10-11 NAS Oceana Air Show, NAS Oceana, VA

OCT 15-16 Maryland Fleet Week and Air Show Baltimore, Baltimore, MD

OCT 29-30 NAS Patuxent River Air Expo, NAS Patuxent River, MD



2016 US Air Force Thunderbirds Show Schedule

Shows closest to Quantico:

June 18-19: Ocean City, Md.

Aug. 17: Atlantic City, N.J.

Like deals and Discounts???

- [30 Best Military Discounts for Military Month and Armed Forces Day](#)
- [Military.com Mother's Day Discounts](#)
- [Military Benefits' Local Virginia Military and Veterans Discounts](#)
- [Discount Soldier's 2016 Memorial Day Military Discounts and Deals](#)

Teen Financial Education Class

The class will go on a Saturday 14 May, 0900-1200 at the Chapel Annex room 125. It is designed to begin the

building of a strong foundation in financial education. This class uses a hands-on approach that will require the student to build a budget, earn a pay check, pay bills, and save money in short to live. The suggested age group is for 14 – 18 years old but feel free to bring anyone. Parents are encouraged to stay and watch and even participate if they wish. To register for your teen, call 703-784-2650 or email Louis Bromley at bromleye@usmc-mccs.org with the name and age of the student, done deal. Seating is limited so it is important that you register early.

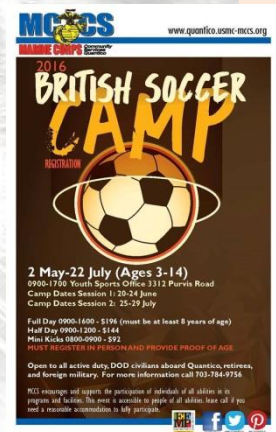
Unlimited Bowling in May



You can bowl at the Quantico Bowling Center all you want during the month of May for just \$25. Buy your May Mega Bowl Card today and get unlimited bowling and shoe rental for the entire month. This special offer is only valid for the person whose name is on the card, and it is non-transferable. The entrance to the Bowling Center is in the back of Little Hall, 2034

Barnett Ave. The Center is open 3-9 p.m. Tuesday through Thursday, 1-11 p.m. on Saturday and 1-5 p.m. on Sunday. For more information, call (703) 784-2210

British Soccer Camp Registration Now Open



2016 BRITISH SOCCER CAMP
REGISTRATION

2 May-22 July (Ages 3-14)
0900-1700 Youth Sports Office: 3112 Purvis Road
Camp Dates Session 1: 20-24 June
Camp Dates Session 2: 25-29 July

Full Day 0900-1600 - \$100 (must be at least 8 years of age)
Half Day 0900-1200 - \$144
Mini Kicks 0800-0900 - \$92
MUST REGISTER IN PERSON AND PROVIDE PROOF OF AGE

Open to all active duty, DOD civilians aboard Quantico, retirees, and foreign military. For more information call 703-784-9754.

MCMC encourages and supports the participation of individuals of all abilities in its programs and facilities. We want a welcome for people of all abilities, less of 8 yrs and a welcome to everyone to all people.



2016 Memorial Day Weekend Festival

Friday May 27th
12:00 PM Quantico Classic Fishing Tournament

Saturday May 28th
9:00 AM Adaptive Paddling Demonstration
2:00 PM Craft Shows (Over 60 Vendors!!!)
5:00 PM Fishing Tournament Weigh-in
7:00 PM Outdoor Music Concert
9:00 PM Firework Show

408 River Road, Quantico VA 22134
More info at:
www.townofquantico.org

Century 21, NextCare, LEATHERNECK REALTY, USREAR, and other logos.

Save the Date

Town of Quantico's 2016 Memorial Day Weekend Festival on May 27th thru May 29th.

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Career and Technical Track 2-Day Workshop

Wednesday-Thursday, 11-12 May.
All future dates are listed on the flyer.

Register by phone at 703-784-2511



June 7 (P,S): Iowa, Montana, New Jersey, New Mexico, South Dakota, California

June 14 (S): Maine, Nevada, North Dakota, South Carolina, Virginia

June 14 (P,S): District of Columbia

June 28 (S): Colorado

June 28 (F): New York

June 28 (S): Oklahoma, Utah

***July 60 Day Notice**

*** July 26 (State primary runoff):** Georgia

***August 90 Day Notice**

*** August 2 (S):** Washington, Kansas, Michigan, Missouri:

August 4 (S): Tennessee

August 6 (S): Virgin Islands

August 9 (S): Wisconsin, Connecticut, Vermont, Minnesota:

August 13 (S): Hawaii

August 16 (State primary runoff) South Dakota

August 16 (S): Wyoming, Alaska

August 23 (State primary runoff): Oklahoma

August 27 (S): Guam

August 30 (S): Arizona, Florida

Not voting in these States? Find your State's primary election dates at FVAP.gov, select the State you want to register to vote in from the drop-down menu at the top left-hand side of the home page. To find your State's election website for specific information on candidates, elections, contact information, and links to your local election offices, visit FVAP's contact page (fvap.gov/info/contact).

Resources for All Women's Veteran Call Center (WVCC)

• [The Women Veterans Call Center](#) answers questions and responds to concerns from women Veterans, their

families, and caregivers across the nation about VA services and resources. The call is free, and you can call as often as you like until you have the answers to your questions. The hours of operation are

Monday through Friday 8:00 a.m. to 10:00 p.m. ET and Saturday, 8:00 a.m. to 6:30 p.m. ET.



FREE Vehicle Safety Inspections!

All 2016 dates! You don't want to miss this!

Next date is 18/25 May, 1230-1800!

First come first served basis! Call 703-784-2729



Need to Register to vote in your Home State?

It only takes a few quick steps to make sure your vote is counted no matter where you are in the world. To register and request your ballots, complete the [Federal Post Card Application \(FPCA\)](#) using the FPCA online assistant, or fill out the [PDF](#), or pick up a hardcopy version from your Voting Assistance Officer or nearest U.S. Embassy or Consular Office.



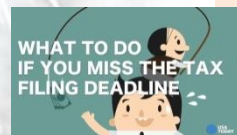
If you want to register to vote in the following States, visit FVAP.gov now to complete a registration application and request your absentee ballots for the presidential preference primaries (P), federal primaries (F) and State primaries (S):

***June - 30 Day Notice**

*** June 5 (P-Democratic Only, S):** Puerto Rico

• **Missed the Tax deadline?**

If you are filing your taxes after the IRS April deadline, make sure you are aware of the extended deadline and other important information. You have access



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to free tax services until June 30. Please call Military OneSource at 800-342-9647 to learn more about these resources.

- [Free Museum passes](#) - Show your military ID at museums across the country this summer and receive free entry. For a list of participating museums go to:

- [Ultimate Me](#) - is the Department of Defense's personalized wellness platform. It provides access to fitness, health information and community resources. Users can also take the UltimateMe assessment to find out what activities and lifestyle changes can improve health.



- May is [Mental Health Awareness Month](#)
If you or someone you know is suicidal or in a state of crisis, the [Military Crisis Line](#) can help.
For confidential online chat options go to the link above.
To speak to a counselor call 800-273-8255, press (1).

The Military Crisis Line staff can connect you with services to help get your life back on track. Calls can be referred to local VA Suicide Prevention Coordinators and other providers who offer support for issues such as:

- Post-traumatic stress (PTS/PTSD)
- Traumatic brain injury (TBI)
- Military sexual trauma (MST)
- Family and relationship issues
- Issues related to OEF/OIF/OND deployments

For more information about VA's mental health resources, visit www.mentalhealth.va.gov.

- Military Spouses connect for job opportunities through LinkedIn Hot jobs previously posted on the SECO (Spouse Education & Career Opportunities) Facebook are moving over to the world's largest professional network, LinkedIn. Be sure to join the [Military Spouse Employment Partnership Spouse Group](#) on LinkedIn to get access to all posted jobs, connect with key human resources professionals, hiring managers and certified Career Counselors, and network with other military spouses.

Certified Career Counselors will answer your job-search questions every other Wednesday on LinkedIn. To learn more about [SECO](#) and the resources support that is available, call 800-342-9647 or go to the SECO link above.

- [Marine for Life Facebook](#) and [LinkedIn Connect](#) with Marine for Life on Facebook to stay updated on resources to

support transitioned Marines. Be sure to connect with them on LinkedIn for job information and valuable networking opportunities.

- [Leadership Scholar Program](#)

The LSP was formed with the express purpose of providing assistance in accelerating the admission of qualified Marines to four year, not-for-profit, colleges and universities across the nation, in an effort to offer the most expeditious route for attainment of their respective educational goals as they transition from active duty to the private sector.

For more information and to learn about what support LSP provides Email: omblsp@usmc-mccs.org

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